

Chairperson's Foreword

Welcome to our 2010 Annual Report. This has been my first year to serve as Chairperson of TRYS alongside a new Board of Directors. I would like to acknowledge the great work of the previous board, and especially the expertise brought by the previous Chairperson, Mr Luke Murtagh.

It has been an exciting and challenging year for myself and the new Board. Looking back at the activities and programmes running through the year reminds me of just how dynamic we are as an organisation. Despite the busy agenda we have remained true to our core value – children and young people. TRYS continues to focus on strategic objectives and works to provide a quality youth service to young people, their families and the wider community. This service would not be possible were it not for all the people who work so hard to achieve excellence in all that we do. We are blessed with talented staff and volunteers throughout the organisation – in the youth clubs, projects and voluntary Board. In particular, I would like to express a word of thanks to our CEO Cora Horgan who continues to balance the strategic and operational aspects of the organisation so well.

Appropriately, given that this is the European Year of the Volunteer and given the voluntary ethos of TRYS, 2010 saw an increase in the numbers of volunteers working in TRYS. There is a continued emphasis on ensuring that the quality of their experience with TRYS is worthwhile – and exciting and challenging also!

There is no doubt that the environment that we are now working in brings its own demands – we are all trying to do more with less. It is the enthusiasm and energy of staff, volunteers and young people that makes this possible in TRYS – and I have no doubt that going forward into 2011 and beyond, this energy and enthusiasm will remain and grow. TRYS was 40 years old this year, and we look forward to the next 40 years, where we will remain at the heart of our communities and contribute to a local vibrant rural life.

Sinead McMahon
Chairperson

CEO's Foreword

As you read through this Annual Report, I hope that one thing strikes you – the sheer range and diversity of work that is going on in TRYS. This reflects the range and diversity of our young people, our communities, our volunteers and our staff. We try to always ensure that we are reflecting on, responding to and anticipating the needs of our members. In this way, programmes change and grow, projects try new and innovative approaches, and we never say no to a new idea! In 2010, one of our new and exciting initiatives was the FAS Local Training Options / Linked Work Experience Programme. This emerged through partnership with FAS, RAPID and Department of Social Protection and reflects the increasing importance of young people and their futures – employment, self-respect, being able to remain in their local communities. Another exciting new venture for us was our experience in EVS – we currently have a TRYS representative in Finland and we hope to develop our participation in this programme. Likewise, we made new links in Mellerud, Sweden in 2010, with 30 young people from Templemore, Cappamore and Cashel heading over for 10 days in August. We hope to deepen this relationship in 2011. These initiatives reflect our hopes for our young people – that they are given the opportunity to experience new things, look forward and be positive about their futures.

Cora Horgan
CEO



Local Training Options
Participants receiving their
FETAC certificates in 2010

Happy 40th Birthday TRYS



Last year, 2010 Tipperary Regional Youth Service celebrated 40 years helping and supporting young people in our local communities through its many projects and youth clubs. To mark this proud milestone the organization also launched its new Tipperary Town Youth Centre. In attendance at the launch/birthday party was Minister for Children, Barry Andrews, who launched the new building and also cut the cake with the help of some young people: Luke Corcoran (South Tipp Comhairle), Machaela Coffey (Youth Project member), and Aislynn Burke (Youth Theatre).

We had a very special guest in Sr. Mairead who was the first youth worker to be employed by the Cashel and Emlly Youth Service as we were then called. Sr. Mairead with the help of the many youth workers and volunteers through the years did Trojan work to make the youth service the valuable asset it is in our community today. Sr. Mairead took us on a trip down memory lane and talked us through the many struggles with funding and the fun stuff too; all the ups and downs that has made this organization a vital part of the community today. Also in attendance was Sean Jackson who is a founder member of TRYS and still volunteers with us today. There are many people who helped the youth service on its way; As Sr. Mairead rightly pointed out 'too many to mention and not enough room to give them the thanks they deserve.' From initial small beginnings, totally voluntary led, in 1970 through to the appointment of its first staff member (Sr. Mairead) in 1980 to a complement of 17 core staff, 21 FAS/Rural Social Scheme and 250 volunteers, we have created a proven track record of delivering meaningful supports to young people in both North and South Tipp and East Limerick. And we hope to continue for another 40 yrs plus.



Manic Fantastic Youth Theatre

In 2010 the Manic Fantastic Youth Theatre took on a new direction. They were invited by Tip Mid West Radio to produce a play for radio. The group worked with director and radio producer, Jim Keane and produced a play called 'Portaferry'. This play was written by local man William Eagan. It was about family, feuding, land and love. The group had a mammoth task ahead of them as they had just four weeks to rehearse and record the play. They need not have worried because on Easter Bank Holiday Monday the play went live on air. There was such a positive reaction to the production that the radio station has asked the group to become partners in another radio play production. The group would like to thank Tip Mid West Radio and producer/director Jim Keane for the opportunity.

The group also performed a play in the Simon Ryan Theatre, Excel, Tipperary Town. The play was called 'War of the Buttons' and was the theatre production of the movie of the same name. The group were very proud of themselves sand rightly so! For this year's production they got to work with Cork based director, Aideen Wilde.





A partnership initiative between Tipperary Regional Youth Service, FAS, RAPID and the Department of Social Protection saw a new departure for TRYS in 2010, supporting unemployed youth in the local area.

From November 2009 to Feb 2011 TRYS has run two very successful FAS funded programmes to combat youth unemployment in the mid Tipperary region. The first project; The Local Training Options Programme concluded in April 2010 and was immediately replaced by the Linked Work Experience Programme.

Over the duration of the aforementioned programmes TRYS dealt with and placed approximately 88 youths in workplace training. The vast majority of these young people were entering the workplace for the first time. Most if not all had very low skills, very low levels of education and had NO experience and therefore found it almost impossible to enter the jobs market. Most had been in receipt of Social Welfare payments since 18 years old. However they all showed a huge desire to up skill and enter the workplace if given the proper vehicle to do so

Project Activities

- The activities were different for each individual.
- All training was tailor made to individuals needs and no two work placements were identical.
- All participants were placed in workplaces that matched their career choices.
- The work placement is essentially a contract between 3 parties.
- Its success depended greatly on the
 - business owners of Tipperary agreeing to support and mentor a young person
 - the young person remaining committed
 - the facilitator making sure both parties follow the Career Action Plan of the participant
- Participants received a range of accreditation and experience, including life coaching, work and personal development skills, and benefited from ongoing mentoring from the project co-ordinator.

Linked Work Experience Programme

Highlights

- * Getting almost 80% of LTOP progressed into employment and further education after the initial RAPID pilot.
- * Following the completion of the Local Training Options Programme TRYS was asked to take over Linked Work Experience project.
- * Being able to place 50% of all our participants throughout 2010 into real employment following programme.
- * Minister Martin Manseragh handing out FETAC level 3 certificates following conclusion of LTOP (pictured below)



TRYS Spotlight:

Foreign Exchange: A group of 30 young people from Tipperary Regional Youth Service including young people from the Templemore, Cappamore and Cashel areas participated in a 10 day international exchange with a group of 30 young people from Sweden. The exchange took place in Sweden and this was a great opportunity for all the young people involved. They spent the months of June, July and most of August preparing workshops which they presented to the Swedish group. The Exchange allowed the Irish group to explore their own culture and the Swedish culture. At the end of the 10 day exchange the Swedish and the Irish young people performed to the local community in Mellerud Sweden. The Irish group would like to host the Swedish group during summer 2011 and continue to build on the relationship between the two countries.

Cashel Neighbourhood Youth Project is based in Hogan Sq., Cashel and is run by the Community youth worker Catherine Doyle with support from 1 CE worker and 1 junior youth worker on a Work Placement scheme. The Cashel Neighbourhood Youth Project is a HSE funded project which engages with young people between the ages of 8 – 18 in order to provide opportunities for personal development, responsibility and integration with both their peers and their community, through voluntary participation.

General Activities

- **Groups:** we run junior and senior groups on a weekly basis. A range of theme based programmes are run on specific issues through the groups during the year.
- **Drop in:** the drop in runs 2 days a week with one open to 1st-3rd years and the other for transition years-6th years.
- **One-one work:** one to one work is available and offered to young people and parents when necessary.
- **Parent support groups:** A group is available for parents who are having difficulties with their teenagers. The group help each other come up with solutions to issues affecting them and share their own experiences.



Some of our exchange group relaxing after a busy day in Mellerud 2010

Highlights

- * **Halloween Disco:** The Senior mixed group organised a fancy dress disco for the junior members of the project, this was held in the Youth Café. The whole event was organised and run by

the senior group, there were games dance competitions, face-painting and lots more fun.

- * **Early school leavers group:** 5 young people took part in this programme which looked at personal development, practical and wood work skills and life coaching
- * **St. Patrick's Day Parade:** Members of senior groups in Cashel took part in the St. Patrick's Day parade the theme that the young people based their entry in the parade on was all the colours of the rainbow and they brought a lot of colour and cheer to the town on the day.
- * **Transition Programme:** This programme was run in St. John the Baptist primary school by Cashel Neighbourhood Youth project with 58 young people. The main topics covered in this programme were new school, bullying and team building exercises
- * **Summer Camp:** 54 young people from Cashel attended the camp, based in Cashel RFC and included different activities like dancing, drumming, Taekwondo, Day trips, arts and crafts etc. There were 20 free places given to various agencies such as social services, St. Vincent de Paul, etc.
- * **Halloween workshop day:** We held a Halloween workshop day for 6th class students during the Halloween mid-term break. The workshop included Halloween arts and crafts, pumpkin carving and Halloween special effects makeup.
- * **Road Safety awareness day:** On the day there were games and activities for children, information/displays on road safety, oil/tyre checks and 2 Gardai from the traffic corp. on hand to answer any questions the community had. This event was supported by Tesco's Ireland and took place in the local Tesco's car-park.
- * **Summer Trip:** 21 senior members from the Cashel project went to Alton Towers in England. They raised money through a sponsored stay-awake-athon
- * **Residential trips:** Senior members from the Cashel project attended F.L.I.P., advanced F.L.I.P and Galway to an adventure centre these were all a 2 day residential trip.
- * **Cashel Youth Achievement awards:** In 2010 Cashel Youth Project hosted the first ever Cashel Youth Achievement awards and 5 young people from Cashel received an award on the night. People from the community nominated young people they felt had made an impact on their community

Thurles Youth Project is based in Thurles and is run by Sara Leahy, the Community Youth Worker with the support of three Youth Work Assistants.

Thurles Youth Project is a SPY project which aims to provide a safe alcohol free environment for young people while working to promote their personal, social and emotional development through their voluntary participation. On average, the project interacts with approximately one hundred young people weekly.

Our objectives include:

- To increase the young people's self esteem confidence, awareness and knowledge through the delivery of various programmes.
- To enable young people to form their own views and give a voice to express them.
- To empower young people in Thurles and enable their participation in targeted youth work.



General Activities

Members of the Thurles Youth Project had a chance to participate in many activities, programmes and events throughout the year. These included TRYs regional events such as the Junior and Senior Variety Shows, soccer tournaments, basketball blitzes and Fun days. They participated in programmes highlighting drug and alcohol awareness, knife awareness and healthy lifestyles. They also did many activities such as held a Sale of Work, a coffee morning and cake sale, did a Christmas performance in two local nursing homes, went ice skating, quad biking, go karting and numerous other trips, including heading to Alton Towers on the ferry over the summer.. As part of their groups, members also do arts & crafts, games, quizzes and roaming debates.

Highlights

- * **Senior Variety Show National Final:** 7 senior members of the Thurles Youth Project represented TRYs in Limerick in the National Finals on 13th March in the group singing category.
- * **A.I.B. Better Ireland Awards:** The Thurles Youth Project was successful in winning the A.I.B. Better Ireland Awards in Thurles. The cheque for €5000 was presented in the A.I.B.
- * **Galway World Cup**
The 2nd Year group from Colaiste Mhuire Co-Ed whom we worked with throughout the year made the trip up to Galway to represent Switzerland in the World Cup. They got to one of the finals where it eventually went to penalties but unfortunately they lost at that stage.
- * **Junior Summer Camp:** 60 juniors participated in this year's Summer Camp which we ran with Edwina Butler. Participants got to partake in a weeklong of activities including arts and crafts, taekwondo, sports, a day trip to Funtasia Co. Louth and a fancy dress disco in Hayes Hotel.
- * **Cooking Workshop:** For the second year in a row a cooking workshop was held for four days. The focus of the workshop was to teach the young people how to cook nourishing but cheap and easy meals such as stir fry, breakfasts and desserts.
- * **Thurles Got Talent:** After two rounds of auditions, eleven finalists were chosen to represent Thurles in the Final of Thurles Got Talent held in the Source on July 31st at 8pm. The lucky winner was a local 15 year old who walked away with the prize money of €200.
- * **The Source Arts Workshop:** Fourteen young people took part in the Source Summer Workshop which was run in conjunction with the Thurles Youth Project and which ended with an exhibition of their work is on show in the gallery of the Source for the month of August.
- * **Cheerios Childline Breakfast Together Morning:** In October, Thurles Youth Project held a Breakfast Morning in Cafe Chillax in aid of Childline. Over 35 young people attended as well as a number of parents and people from local organisations. €173.55 was raised in total for a very worthy cause.



As well as our usual sporting events such as soccer and basketball; this year saw groups trying out other unusual sports such as Archery, 'Zorbing' and 'Futsal'!! Let us explain:

In October eleven young men from the TAR project and Cashel NYP made the trip to Galtee Extreme Adventures in Burncourt where they participated in Zorbing, Dune Buggies and Archery.

The TAR project had recently completed the Crossroads Substance Misuse Programme with the Mid Tipperary Drugs Initiative which looked to raise awareness of substance misuse through music and lyrics. In Cashel the group had recently completed a certificate from the Red Ribbon in Limerick.

The Zorbing was not for the feint hearted, rolling down a steep hill in a giant blow up ball, though those that braved it soon became addicted and it wasn't long before they were queuing up for a second go. However, it was in the archery where the real danger was posed with random arrows arriving from all directions – well done to our budding Robin Hoods, especially to Stephen (Hank) who managed to injure himself somehow with an arrow. While the boys from Cashel excelled on the Zorb ball, the boys from Tipp showed their strength in the dune buggies, rivalling Sebastian Vettel as they tore around the tracks!!

So what is Futsal, I hear you ask? Futsal is the official UEFA and FIFA version of indoor 5 a side football and is widely acclaimed as the ideal developmental environment for producing technically excellent footballers. They've all played it: Messi, Ronaldo, Kaka and now our own budding Tipperary players have been bitten by the futsal bug. In November the Tipperary Youth Project held a Futsal Tournament where teams from all over the town took part. They aged from 6 to 12yrs and all enjoyed the experience.

Pictured below are some of the younger players who represented Pearce Park in Tipperary Town.



The More Family project is based in the snooker hall, main street, Templemore and is run by a project worker with the assistance of a community employment worker. The project is a pilot project but in its 3rd year running. It is funded by the H.S.E. The project responds to referrals made by agencies such as the HSE, Gardai, Community services, schools and courts etc. An assessment is then carried out between the referrer, the family and the Project to determine the most beneficial and appropriate course of action. We carry out the work in the form of groups and individual work.

General Activities

The project provides both group work for parents and young people of all age groups and we also provide one to one work plus work with the family as a whole. We offer parenting programmes, covering all aspects from parental separation to issues arising as a result of challenging behaviour. We offer teen support in the form of health education, from sexual health to physical health and we work closely with specific groups of young people around the area of socialization skills.

Highlights

- * Completed 10 week kickboxing programme with 8 young people.
- * Completed an 8 week teen fit programme incorporating swimming, gym and aerobics.
- * Completed an overnight residential in Killary adventure centre, Connemara with 6 teen girls.
- * Completed work on mental health with our parents group which incorporated the use of Auricular acupuncture, Pilates and aqua aerobics.
- * Worked in conjunction with the VEC with 6 adults in areas of Art, Jewellery making mosaic work, pottery, flower arranging and stained glass.
- * Assisted 4 teens in completing a large wall mural.
- * Completed drug awareness education with 9 junior girls.
- * 6 week “five to fifteens” parenting programme delivered in St. Colmcilles primary school to 8 parents.
- * Assisted in running of the local fun day
- * Provided a summer camp in conjunction with the school completion programme for 30 primary school kids, both male and female.



TRYS Spotlight

In 2010 we reached our goal in the Snooker hall of wanting/needng a more comfortable and inviting space for all service users. This we accomplished with the completion by a group of teens, of a beautiful graffiti wall mural .We also converted a corner space into a chill out area for service users with facilities such as a counter, shelf storage, TV/DVD and sound system. Service users of all ages are delighted with this facility and it gives a more homely feel to the project.

TRYS Spotlight

Thurles Family Fun Day

After months of planning the Thurles Family Fun Day, organised by the project and local resident association members, finally arrived on August 8th. Approximately 500 young people and their parents attended the Rugby Club and enjoyed the many stalls that were there such as hook a duck, fruit flop, hoopla etc., bouncy castles, a bbq, puppet show and the parent toddler area. A great day was had by all who attended.



Templemore Youth Project promotes the educational and social welfare of young people in the Templemore area between the ages of 7-18 years. Templemore Youth Project encourages young people to recognise the potential within them and to identify their own solutions to the challenges they face. When a young person needs help to involve other people in finding solutions, we will advocate with them, or if necessary for them, to get the help they need. Templemore Youth Project is run by Youth Worker Christy O'Neill with support from part time youth workers and volunteers.

General Activities

There are a range of junior and senior groups running in the Town Hall in Templemore, with the Project having a busy 2010 with groups, programmes and activities including

- Junior Leading
- Regional events, E.g. Variety Shows, Basketball, Soccer, Christmas Card Competition
- National events: Youth Work Ireland Games, Y.W.I. Variety Shows
- Fundraising
- F.L.I.P. Training
- Comhairle na nÓg/Dail na nÓg
- St. Patrick's Day Parade
- Fundraising
- Awareness Programmes e.g. Drug & Alcohol Abuse, Relationships, Healthy Lifestyles, Copping On, etc
- Summer Activity Camp
- Film Making
- European exchange
- Trips e.g. Alton Towers, Camping, Cinema, Bowling etc
- Photography

Highlights

- * The Youth Project won 1st prize in the St. Patricks Day Parade
- * The project took part in an International Youth Exchange to Sweden
- * We were gold medal winners in the Youth Work Ireland for the quiz team.
- * The project ran an affordable Summer Camp for 60 local young people
- * We supported the running of the Lions Club Family Fun Day in Templemore August.

- * Over 200 young people visited our Halloween Haunted House
- * We got our Devils Bit Filming finished – wait for the finished product in 2011!
- * Some of our project members got to take part in a TRYS Most Haunted experience
- * The project went on a Camping Trip during the summer.
- * Mia, Kent and Agnes's Visit from Sweden
- * Young people fundraised and organised our annual Alton Towers Trip
- * We won 5 Prizes at the Senior Variety Show
- * We won 4 Prizes at the Junior Variety Show
- * We visited the Street Performance World Championships
- * We were invited to tour the Spraoi Warehouse



TRYS Spotlight

On the 25th and 26th of June 2010 Templemore Youth Project made the long Journey to Donegal to the Youth Work Ireland Games Finals. Templemore Youth Project and Tipperary Regional Youth Service were represented at this national event by two groups who made it to the final of the Table Quiz and Hip Hop dance sections of the games. Cillian Roche, Sharon Morrissey, Emma Patterson and Amanda Roche won the Gold Medal for the Table Quiz beating the best of groups from around Ireland and our Hip Hop dance group, Aoife Loughnane, Kellie Doran, Raychel Morrissey, Michelle McLoughlin, Chloe Giles and Melissa Maher came third in their event in what was one of the toughest dance competitions ever seen at the Y.W.I. games finals. Upon returning to Templemore the winners were greeted by cheers and smiles from parents and friends who were waiting to congratulate them.

Youth Information is a specialised element of youth work provision, whose vision is to engage young people in positive relationships to empower them to reach their own potential and enhance their active participation in creating a fairer society. Youth Information is a service targeting young people and those working with them to provide them with information; it is operated as a "One stop shop" where 18 categories of information are available in a youth friendly drop in facility. The aim of Youth Information is to develop as a Youth work tool in line with National vision and at local level to meet the new challenges and engage with young people in a creative way. Its aim is also to find opportunities for young people in terms of employment, youth participation and mobility.

General Activities

TRYS has a centre based service in Tipperary and Thurles where we have a large variety of Information, public internet suite and secretarial service and have trained staff to help clients with queries on a one to one basis.

We are agents for processing Student Travel Cards. We have the Eurodesk Intranet facility in both centres for European queries. We provide a varied Outreach service of workshops, talks, information stands on request. TRYS Youth Information is also heavily involved in Comhairle na nOg in both North and South Tipperary.

Highlights

- * We were involved in organising of a Eurodesk Ireland Conference held in May 2010
- * We were successful in receiving the tender for running North Tipperary Comhairle na nOg 2010/2011
- * We continued work with South Tipperary CDB on South Tipperary Comhairle na nOg and ran a very successful AGM day in November 2010 with 107 delegates in attendance.
- * The project worker was accepted onto the oversight committee for Office of Minister for Youth & Children 2010
- * Our info staff completed lots of training and study opportunities such as Diploma in Youth & Community Work, ASIST (Suicide Intervention training) to name just two.
- * Successful Outreach provision to schools, groups and youth cafes was completed and we also

welcomed new school Borrisoleigh College to the outreach rota.

- * We welcomed French students into our offices for work placement during the Summer of 2010 and they brought us a new cultural element.
- * We got involved with the South Tipperary Volunteer Centre to offer opportunities to people looking for voluntary work in the area.

TRYS Spotlight

As part of our involvement in the Youth in Action programme TRYS has become a sending organisation for EVS (European Voluntary Service) whereby we can send young people abroad to do Voluntary work, Mairead Maher of Borrisoleigh became our first Volunteer and is currently in Kokola in Finland on her placement. EVS is an opportunity for learning while volunteering and is open to young people from 18 – 30 yrs. Volunteers can go to any European country for up to 12 months, learn a language, learn new skills while have the opportunity to live and work in another culture. Anyone interested can check our EVS on the Leargas website www.leargas.ie or contact Pauline in TRYS. In the next year TRYS also plans to become a hosting organisation where we will host volunteers from other countries in our workplace.



The North Tipperary Traveller Youth Project which is fully integrated is now in its seventh year and was set up due to a growing need for services for young Travellers and their families in the area. The project has its base at Thurles Youth Centre but also encompasses the Littleton and Templemore areas. It is funded by NATC and supported by two youth work assistants, one volunteer and junior leaders. The project currently engages with 60 young people aged between 7yrs- 18yrs on a weekly basis.

The aim of the project is to support young Travellers in the affirmation of their culture and in combating the effects of discrimination in their everyday lives as well as empowering them through activities which promote self esteem increased confidence and pride in the traveller culture.

Highlights

- * Sixty young people from Thurles Littleton and Moycarkey took part in the Annual Summer camp in collaboration with Thurles Youth Project. This included sports Art & Crafts cinema, dance, drama, taekwondo and a trip to Funtasia Waterpark.
- * One teenager from Littleton Youth Project trained in FLIP
- * In the Junior Variety Show one member received a special award for Littleton Youth Project.
- * A second place win was secured for one Littleton Junior in the Nollaig Card Competition.
- * Ten teenagers from Littleton Youth Project took part in a twelve week programme which included Kick boxing Taek-won do, swimming, and working out in the Gym. Each of the participants was presented with Certificate of Completion.
- * All junior groups visited Haunted House Templemore for a very scary experience in Cooperation with Templemore Youth Project.
- * The Juniors and Seniors in Littleton learnt a new skill in a fun way over the summer. They took part in cookery and art workshops during the month. This was the first time cookery workshops took place in the house. They were involved in all aspects of the workshop from information regarding Health & Safety and food hygiene to the planning of the menu the food preparation and serving the meal up.
- * Four of the teenagers were involved in weekly fun days in cooperation with Thurles Youth Project and Schools Completion programme. They went on day trips, visited a reptile park, shopping to Cork and surfing in Tramore. Three of them took part in the

“Tomorrow” summer project in the Source Art Centre.

- * The First Open Morning was held in the Littleton Community House for parents and young people. This was an opportunity for parents to meet each other and for the young people to showcase and display their completed Art work and all their photographs of the events they took part in over the year.



TRYS Spotlight

Eight young traveller teenagers from Littleton Youth Project attend the North Tipperary Comhairle na nOg AGM in the Conference Centre in The Horse & Jockey Hotel for the first time. There were five workshops on the day on Social inclusion, Body Image, Exam Stress, Youth and the Recession and Road Safety. All the candidates had to make a three minute speech outlining why they should be elected One of the young people put her name forward and was elected onto the committee for 2011. Congratulations to Helen O Donoghue on her election.

This was a huge boost for the project in general but more importantly for the rest of the group as they now have a better understanding of what Comhairle is all about and are all interested in attending again next year.

TRYS Fun Run 2010



Tipperary Regional Youth Service hosted its first ever Fun Run in the spring of 2010. The event was run in conjunction with Tipperary Town Special Olympics. Teresa Normile said 'There was a great community buzz and a very positive experience and some of the young people who took part are mad to do more events like this'. Of course an event like this would not be possible without the many volunteers who took part on the day, including Martin Quinn, the local Gardai, the Red Cross, The Civil Defence, Kevin and Phyllis from Tipperary Special Olympics who helped out on the day, Marian and Sean who were our timekeepers, Tipperary Mineral Water, the staff of TRYS who provided much needed support with registration and refreshments and those who donated prizes. A big thank you had to go all those who held vigils which resulted in the fantastic weather. The biggest thank you of all went out to all of those who took part on the day and raised much needed funds for Tipperary Special Olympics and Tipperary Regional Youth Service. The day saw runners, walkers, those of us who limped along and an amazing amount of buggies. It truly was a family event.



YIIPPE Youth Festival!

This year's YIIPPE Festival took place over three days in three different venues. On Thursday and Friday the Manic Fantastic Youth Theatre treated us to a wonderful performance of 'War of the Buttons' in the Excel Theatre. Also on Thursday there was a soccer blitz in the Sports Complex where teams from Tipp, Cashel and Thurles took part. The ladies who work in TRYS even took on a group of young ladies who are members of the youth service. We won't say too much about the 4-0 defeat by the younger ladies. Saturday's events took place in the Abbey school grounds from 2 until 8.30pm that night. Guests who attended were treated to all manner of activities. There were soccer skills workshops, family games, face painting, balloon making, and a wobbly circus workshop and to top it all we gave away free hugs. The free hugs were part of our youth mental health campaign. Libby Carew of West Tipperary Mental Health and Tipp hurler Conor O'Brien joined us to launch our 1,000 balloons to raise awareness and funding to support youth mental health. Other guests included all the finalists of the Tipps Got Talent Competition who wowed the crowds.

The highlight of the day though was our toy hospital where nurses and doctors worked tirelessly to save the poor teddies, doggies and dollies that were rushed into the emergency room. There were even a few adoptions organised on the day. The event finished on a high with a disco and light show and the now obligatory fireworks. TRYS would like to thank all our funders, RAPID and South Tipp County Council. We would also like to thank everyone who took part during the festival; entertainers, helpers, volunteers. A huge thanks to the Abbey school for the use of their field and the Co-Op for the gig-rig. Looking forward to a bigger and better festival next year!



The Mid Tipperary Drugs Initiative (MTDI) was established in 1999 as a response to the growing public concerns about the prevalence of substance misuse in the mid Tipperary area. Since 1999 society has seen a huge growth in the area of substance misuse with a sharp rise in the use of both illegal and legal drugs. MTDI is delivered by one project worker, Carmel O'Neill.

The focus of the past few years of the project has been on raising awareness within communities by facilitating information talks, parenting programmes etc. However, due to the developments in substance misuse over the past decade the project now **focuses on strengthening communities and community organisations as they deal with the rise in substance misuse in their locality and also helps identify ways in which gaps in services can be filled.** The MTDI project also supports families and individuals affected by substance misuse through individual and group supports as well as linking them in with existing services.

General Activities

The Mid Tipp Drugs Initiative has close links with the HSE Substance Misuse Service South Tipperary, working with its Education Worker, Addiction Counsellors and Outreach worker to deliver programmes around awareness raising, diversionary activities and community supports. Working with young people, their families and communities to support substance misuse awareness and programmes to address related issues, the Mid Tipperary Drugs Initiative is an important project for the mid Tipperary region.

TRYS Spotlight

In July and October 2010 the project worked with two groups of young people on both the Crossroads Drug Awareness programme and also Red Ribbon's sexual health programme. Both programmes examined the issue of substance misuse and how its use could impact on their lives. Following on from the programmes the groups travelled to Galtee Extreme Adventure Centre and also Killary Adventure Camp



Highlights

- * TRYS MTDI ran another successful Certificate in Addiction Studies in Tipperary Town in 2010 in conjunction with Tipperary Institute, the HSE Substance Misuse Unit and other local partners. 25 participants graduated at the end of the programme.
- * Two Parent to Parent Programmes were delivered in Tipperary Town, and with the Tipperary Rural Traveller Project.
- * A Family Support Group was initiated in 2010 in Tipperary Town
- * The very successful Alternative Therapy Drop in Service took place in Tipperary Town during the year.
- * TRYS organised a Legal High Workshops in recognition of the growing problem of legal substances and head shops mid 2010.
- * The project supported the Early School Leavers programme in both Tipperary Town and Cashel as early school leavers are listed in the National Drugs Strategy as a particularly "at risk" group of substance misuse
- * The project ran an ongoing programme in association with the TAR Diversion project in Youthreach Cappawhite to further raise awareness and provide education around substance misuse.
- * Parachute Jump – the project supported one young woman to participate in a parachute jump – with Carmel going on one herself for moral support!
- * Support and information talks were given to parents groups as needed.
- * Residential Trips with other projects in order to provide both diversionary activities and overnight awareness raising and educational programmes.
- * The media campaign was ongoing with 8 newspaper articles submitted, 2 campaigns completed and 400 fliers distributed

The TAR Youth Diversion Project is funded by the Department of Justice, and through the European Social Fund, and is for young people between the ages of 12 and 18 years who live in Tipperary Town. The project aims to offer to young people the opportunity for personal development and to encourage positive social behaviour through youth work programmes and other activities. It also works to enhance the relationships between the Gardai and young people and their families living in Tipperary.

Highlights

- * We climbed the Galtees by Tipperary one sunny summer day in July, thanks to Jim Finn for his support and guidance.
- * The Enterprise group helped to launch the new building on Bank Place in May. The girls made an array of cuisine delights.
- * The Fitness lads and Enterprise girls helped and participated in the 1st annual 7.7km Fun Run. This involved working in association with the Special Olympics which showed young people the determination demonstrated by other minority and disadvantaged young people.
- * 4 young women, Teresa and Garda Karen headed off for the annual 3 day Camp Diversion in Lough Dan, Co. Wicklow in June.
- * Male members of the BOLD Boys (Boys Opportunity for Learning and Developing) took on the Gardai in a game of Soccer. Unfortunately the Gardai secured victory. ☹️
- * This game led to a blitz competition in September where the Guards played on the side of the young men. The Tar Project took responsibility of running a soccer blitz during the Yippe Festival that involved young people from South Tipperary and their local Gardai taking part in the blitz. The event also included young women playing against female youth workers in the organisation. The event was well received and well attended and was another opportunity to encourage young people to engage with local Gardai. Also it was an opportunity to see the CEO's soccer or lack of skills in play. Cora stick to the running 😊
- * Monday Monkeys (the group formerly known as BOLD!) took part in the Crossroad Programme in association with MTDI. The programme ran for 6

weeks and involved young people using music as an expression, and to create a better understanding of substance misuse.

- * A Summer Sleep Over improved working relationships with young women. The sleep over included more intensive personal care workshops.
- * We ran 2 different blocks of workshops for parents offering acupuncture and alternative therapies. And engaged with 4 male parents in the summer, the Fathers were looking for welcome acupuncture treatment to aid quitting smoking.

TRYS Spotlight

Well, what an exciting year! Phew, so much has happened we don't even know where to begin!! Sadly we said good bye to Sue Cox, in spring. TAR said a happy sunny hello to Aisling Reade, new Youth Justice Worker in the autumn 2010. Team Dynamite formed in September and the lads were out organising Car Boot Sales in Dunnes in November. The lads were pros at the wheeling and dealing out of the back of Teresa and Aisling's machines. Selling their old toys and books! Watch this space these lads are set for the Apprentice! As a result of their earnings they treated themselves and staff to a frostbitten venture up the glen on Quad Bikes the week before Christmas.



Rural Outreach offers rural communities support and training for youth provision at local level; once training is completed insurance can then be provided. At the end of 2010 TRYS had 28 youth clubs with **168** leaders involved in its rural clubs, and **661** young people. Youth clubs cater to young people in both primary and second level schools with junior clubs from 8 -12 yrs and senior clubs from 1st year to 18. Youth clubs received support from the staff on an ongoing basis as well as club visits, regional events calendar and workshops. Links and training from other areas such as youth information and drugs awareness can be organised through rural outreach. Other activities that youth availed of through rural outreach in 2010 included Dail Na nÓg and Gaisce placement. In 2010, our outreach workers spent a large amount of their time supporting new clubs to start up, and supporting the clubs in their day to day running. The training of local volunteers includes topics on youth club planning & activities, child protection, insurance, discipline, committee roles & skills, policies and procedures.

General Activities

Regional activities are a large part of the Rural Calendar. In 2010 regional events included for both juniors and seniors, the Variety Shows, basketball and soccer blitzes, a Halloween Disco, Christmas Card Competition and of course the TRYS Fun Day for our Junior Clubs. Club training in 2010 included club induction training, volunteer training, arts and crafts, first aid, child protection training, and variety show training.



North Tipp Clubs	South Tipp/East Limerick Clubs
Templetouhy Youth Club	New Inn Junior Youth Club
Templederry Youth Club	New Inn Senior Youth Club
Newport Youth Club	Oola Junior Youth Club
Borrisoleigh Youth Club	Oola Senior Youth Club
Drom n' Inch Junior Youth Club	Donohill Youth Club
Drom n' Inch Senior Youth Club	Lattin/Cullen Youth Club
Clonmore Junior Youth Club	Knocklong Junior Youth Club
Clonmore Senior Youth Club	Knocklong Senior Youth Club
Portroe Youth Club	Boherlahan/Dualla Youth Club
Nenagh N. Youth Club	Cappawhite Youth Club
Upperchurch/Drombane Y.C.	Knockavilla/Donaskeigh Y.C.
	Lisvernane Youth Club
	Fethard/Fuse Youth Club
	Pallasgreen Youth Club
	Killanaule Youth Club
	Cappamore Youth Club
	Mullinahone Youth Club

TRYS Spotlight

The penultimate event before we broke for the summer holidays this year was the junior variety show. Due to popular demand (and the fact that last year's junior variety show ran for five hours) we decided to have North Tipp and South Tipp/East Limerick shows. The events proved to be a huge success. Our first adventure brought us to Drom n Inch Community Hall where we were greeted warmly with smiles and most importantly tea and sandwiches. We had almost forty acts on the day and they came from Templetouhy, Thurles, Templemore, Moycarkey, Littleton and of course the home team of Drum n Inch. Oola the venue for the South Tipp/East Limerick side, were as always great hosts, and also showered us with sandwiches and tea. Here we had over fifty acts and again the standard was very high. We had home team Oola, Tipperary, Cashel, Lattin Cullen, Donohill and two new clubs to participate this year were Cappamore and New Inn. Thanks to all the junior leaders in both variety shows who helped both on and off stage and in the big clean up afterwards. We really would like to acknowledge the huge support it was for TRYS to have two wonderful clubs host the shows for us. Thanks of course to all the young people who took part in the shows and those who supported their friends.



Tipperary Town Youth Project

Tipperary Town Community Youth Project works with young people aged between 8-18 years by running programmes and activities in their community. The Tipperary Town Youth project aims to provide young people the opportunity to make informative decisions, take personal responsibility and to enhance their social development.

Highlights

- * TRYS Fun Run took centre stage in April with over 60 people taking part in the event. TRYS and Special Olympics club raised over €2000.
- * Junior groups took part in St Patrick's Day parade by celebrating "All things Irish". Twenty five young people from the project took part. The groups spent weeks preparing and practicing Irish dance routines in the lead up to the day.
- * Tournament was organised in conjunction with David Lenane of the FAI. Tournament took place in Canon Hayes Sports Centre. Participants from junior group enjoyed 5 a side soccer with seven teams entered.
- * This event took place in Aug with over 70 young people from the town taking part. Teams from various age groups came to take part in the soccer tournament for three evenings in September.
- * TRYS annual Tipperary Town summer camp was run over four days and was a great success. Young people got to enjoy such activities as hip hop dance, musical drums and kick boxing while also going to the cinema and Empire of fun.
- * Back in September TRYS Annual "Youth Involved In Planning Preparing Events" YIPPEE Festival was held on the grounds of The Abbey Secondary school. This event focused on highlighting Mental Health amongst young people.



General Activities

The Tipp Youth project engages in a wide variety of activities, such as arts and crafts, games, soccer, music, dance, cookery and drama. Junior groups take part in various events, sports blitz, variety shows and St Patrick's Day parade. Programmes are established according to needs of groups; for example Parachute Programme, Friendship programme and Copping on programme. While the senior groups focus on issues such as drug awareness, relationships, stereotyping while also engaging in activities such as soccer, dance and Comhairle nOg.

We also provide the opportunity for young people to engage with their peers in a social setting by running a Drop in CAFE (Community Alcohol Free Environment) 3 times a week for both junior and senior groups



Comhairle na nÓg are local youth councils, which give children and young people the opportunity to be involved in the development of local services and policies. There is a Comhairle na nÓg in every city and county. Comhairle na nÓg were set up under the National Children's Strategy (2000) in the 34 City and County Development Boards around the country. The work of Comhairle na nÓg is the responsibility of the local authority in each city and county

Comhairle na Óg are overseen and part-funded by the Office of the Minister for Children and Youth Affairs (OMCYA) (www.omc.gov.ie). The OMCYA has the lead role in ensuring that children and young people in Ireland have a voice on issues that affect their lives. Delegates from Comhairle na nÓg are elected to represent their local area at the annual Dáil na nÓg (national youth parliament) (www.dailnanog.ie.) Many local authorities around the country are doing fantastic work with Comhairle na nÓg and involving children and young people in projects such as:

- the way future recreation facilities and youth cafes will be developed and managed;
- the development of playgrounds;
- encouraging active citizenship;
- promoting road safety among teenagers;
- highlighting health and safety on school buses;
- Developing conservation and heritage plans.

For information on child and youth participation: (www.omc.gov.ie)

Highlights

South Tipperary

- * Attend Eurodesk Conference in Dublin on Youth Participation.
- * Completed DVD on Anti Bullying in August 2010
- * Held AGM day in November 2010 with 107 delegates in Ballykisteen Hotel.
- * Take part in Teambuilding & Planning day for new Comhairle in January 2011
- * Set up Facebook page for South Tipperary Comhairle na nOg

North Tipperary

- * Delegates attended AGM day in Horse and Jockey and elected a new Comhairle for the year ahead.
- * Took part in Teambuilding and planning day in January 2011

- * Set up a facebook page for North Tipperary Comhairle na nOg.
- * Are preparing a Presentation to North Tipperary SIM group in May 2011



Comhairle na nOg AGM days will take place in October 2011

Delegates from schools, youth groups and youth clubs are welcome as well as self nominations, applications will be in September 2011.

North Tipperary 12th October in Horse & Jockey Hotel, Thurles

South Tipperary 14th October – venue to be decided.

Follow updates on Facebook

northtipperarycomhairle@groups.facebook.com

southtipperarycomhairle@groups.facebook.com

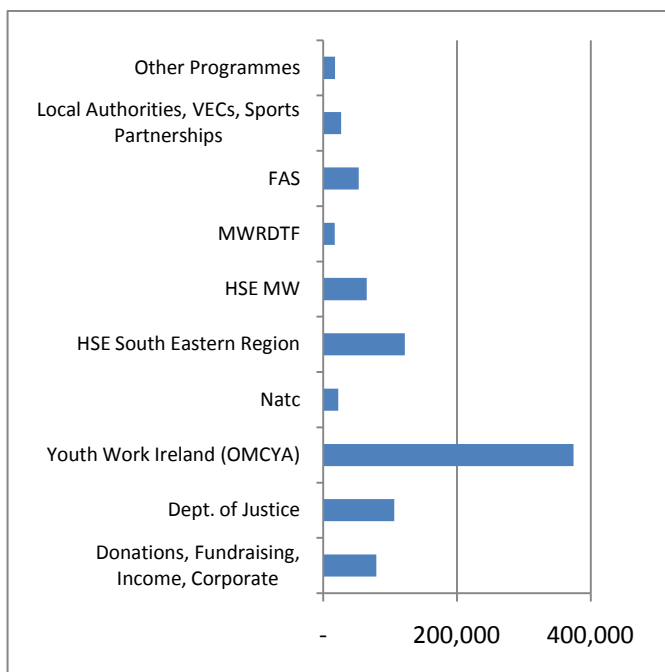
TRYS Spotlight:

2010 ended with a big bang as TRYS were honoured to be asked to organize the traditional Tipperary Town Christmas lights turning on ceremony. And what an event it turned out to be. We had themed it Santa's Angels. And true to form Santa arrived on his Harley accompanied by his winged angels also on big bikes. The audience young and old alike were thrilled to hear the roar of the motor bike engines as the events most special guest arrived. Before Santa made his appearance the Tipperary Gospel Singers, The CJ Kickham band and the boys and girls of the local school choirs all sang their hearts out to create an Irish record for the biggest Carol Singing Group. There were over 600 people singing Silent Night and Jingle Bells. Santa was blown away when he arrived! In true superstar fashion he was also mobbed by his loyal fans. He was very kind as he went through the crowds to get onto the stage; shaking hands and giving hugs to all the little people who braved the elements to see him.

In 2010 TRYS was funded through the following sources for core project funding, and for additional programme funding:

- Office for the Minister of Children and Youth (through Youth Work Ireland)
- HSE (Mid West)
- HSE (South East)
- FAS
- Department of Social Protection
- Department of Justice, Equality and Law Reform
- Regional Task Forces
- South Tipperary VEC
- North Tipperary VEC
- South Tipperary County Council
- North Tipperary County Council
- National Arts Council

Our current North Tipperary Community Employment Scheme has twelve participants and is administered by the FÁS office in Thurles, and supervised by Caroline Burke in the Thurles office. The scheme is based primarily in the towns of Thurles, Templemore and Littleton, with outreach workshops and training being offered to schools and communities in the region and at remote locations, by our information staff in conjunction with our Youth Information Co-ordinator. We are also beneficiaries of the Catharnach Scheme in Tipperary Town with 6 workers based in our Tipp Youth Centre supporting the youth projects and administration of the organisation in South Tipperary. We have two Rural Social Scheme Participants, one in North Tipperary and one in South Tipperary who provide reception and information support to the organisation. In 2010, the new FAS Work Placement Programme saw us work with 5 graduates throughout the organisation on a nine month placement programme, which provided an additional dimension to our service.



TRYS Staff Training

The on-going training and development received by our staff in 2010 was wide and varied and reflects the commitment of the organisation to supporting staff as the core resource in our work. Training included:

- * Health & Safety
- * Child Protection— Keeping Safe
- * Disability Awareness
- * Drug awareness
- * Eurodesk Training
- * Youth Work Skills
- * Communication & Presentation Skills
- * Active Leadership Award
- * I.T. Skills
- * Certificate & Diploma Courses in Youth and Community Work (UCC), Community Addiction Studies, certified by Tipperary Institute and URRUS, Sexual Health, Health Promotion
- * Certificate in Sexual Health
- * FETAC accredited courses in Core Skills, Finance, Train the Trainer, Project Management
- * Specialised youth work programmes in various areas such as Mental Health, Youth Skills, Challenging Behaviour, Parent to Parent etc

Thanks!

A special word of thanks to all those who gave donations or sponsorship in 2010, from local communities and families who supported our bucket collections, to local firms and shops who donated food and drink for events throughout the year, to our larger sponsors who contributed to our work.

Who's who - December 2010

Central Administration Team

Cora Horgan	CEO
Olivia Ryan	Financial Administrator
Caroline Burke	FAS Supervisor
Noreen O'Sullivan	Scheme Administrator
Damien Ryan	WPP researcher
Kevin Ralph	WPP Administrative Assistant

Youth Information

Pauline Strappe	Youth Information Co-ordinator
Winifred Quigley	Thurles Information Project
Catherine McGrath	Thurles Information Project
Nicola Cahill	Thurles Information Project
Mary Finnan	Tipperary Information Project
Michelle O'Shea	Tipperary Information Project
Catherine Flynn	Tipperary Information Project
Mary Laffin	Tipperary Information Project

TAR Project

Teresa Normile	Youth Justice Worker
Aishling Reade	Youth Justice Worker

Mid Tipperary Drugs Initiative

Carmel O'Neill	Project Worker
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Cashel NYP

Catherine Doyle	Community Youth Worker
Tommy Fitzgerald	Youth Work Assistant
Nuala Ryan	Youth Work Assistant
Nora O'Loughlin	WPP Youth Worker

Templemore Youth Project

Christy O'Neill	Community Youth Worker
Sandra Dunne	Youth Work Assistant
Laura Bohan	Youth Work Assistant

Thurles Youth Project

Sara Leahy	Community Youth Worker
Andrea Laheart	Youth Work Assistant
Sharon Stanley	Youth Work Assistant

More Family Support Project

Lorraine Dolan	Project Worker
Tricia Beare	Youth Work Assistant

Tipperary Town Youth Project

Donna McCarthy	Community Youth Worker
Helen Kennedy	Maternity Leave Cover
Tina Cranley	Youth Work Assistant

North Tipperary Traveller Project

Edwina Butler	Community Youth Worker
Clair Donnelly	Youth Work Assistant
Eileen Meaney	Youth Work Assistant

Rural Outreach Project

Lisa McGrath	Communications and Events Officer
Breda McCarthy	Rural Outreach Worker
Maura Carey	Rural Outreach Worker

TRYs LWE Programme

Donal Kelly	Programme Co-ordinator
Jade Milburne	Programme Assistant

TRYs Governance 2010

In 2010, the board saw a number of changes, and placed a focus on finalising infrastructural developments, streamlining policies, and preparation for the Quality Standards Programmes coming in 2011. Tipperary Regional Youth Service's board is made up of community representatives, club representatives, and co-options from particular areas of expertise. The members of the Board at the end of 2010 were as follows:

- Sinead McMahon (Chairperson)
- Sean Coffey (Treasurer)
- Majella Molloy
- Mary Hanna Hourigan
- Michelle O'Donnell
- Tim Hanley
- Paul Deegan
- Clodagh Conway
- Fiona Coppinger

Many thanks to Luke Murtagh, Dermot Riordan, Brian Dowling, John Foley, Des Bell, Gearoid McDermott who stepped down in May 2010.